

Prevention is Possible



#mcsartvigil

The Montgomery County
Sexual Assault Response Team

Presents

An Evening to Listen and Learn
Honoring Survivors of Sexual Assault

Sexual Assault Awareness Month



#METOO



#MCSARTVIGIL



#SAAM



www.rainn.org

www.nsvrc.org

WHAT IS SEXUAL VIOLENCE?

Sexual violence is any type of unwanted sexual contact.

Victims often know the person who sexually assaulted them.

6 out of 10 victims stated that the offender was an intimate partner, other relative, a friend, or an acquaintance.

Almost 70% of sexual assaults reported to law enforcement occurred in the residence of the victim, the offender, or another individual.

Offenders may use coercion, manipulation, threats, or force to commit sexual violence.



REPORTING SEXUAL VIOLENCE:

Victims of sexual violence exhibit a spectrum of responses to the assault, which can include: calm, hysteria, withdrawal, anger, apathy, denial, and shock.

There is no "right way" to react to being sexually assaulted. Assumptions about a way a victim "should act" may be detrimental to the victim because each victim copes with the trauma of the assault in different ways which can also vary over time.

About 70% of sexual assaults go unreported

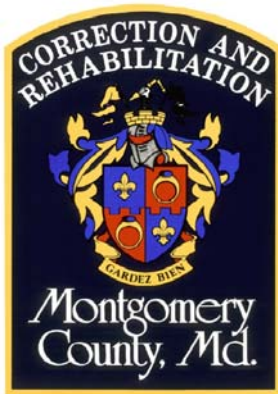
Because a victim did not immediately report an assault or chooses not to report it at all does not mean that the assault did not happen.



Montgomery County Correctional Facility

There are witnesses, bystanders, victims, and survivors who are incarcerated and can not join this event in person, but who are still part of the community who care and support sexual assault prevention and awareness.

We respectfully share their reflections of art and writing with you on their behalf...



Individuals at Montgomery County Correctional Facility Present

‘EMBRACE YOUR VOICE’ REFLECTIONS

We all know someone or have been a part of sexual violence ourselves...

Through art and writing,
we are sharing our reflections on sexual violence
as a witness, bystander, victim or survivor...

Our Voice Has Power!





Notice:
Alert!
Call 911

2018

April

2018

STOP

Notice: Alert



Sexual Assault Awareness Month

SUN. MON. TUES. WED. THUR. FRI. SAT.

8

9

Vigil...

10

11

12

13

14

IT'S TIME TO
MOVE FORWARD
Reclaim Your Freedom!
Begin Again

After the
RAPE
theroad
to heal

Pray!

PEACE
OVER
PANIC

Our Father who art
in heaven, hallowed be thy
name. Thy kingdom come. Thy
will be done on earth as it is in
heaven. Give us this day our
daily bread.
Oh Lord!
Lead us not into temptation.
But deliver us from evil.
For thine is the kingdom and the
power and the glory. For ever
and ever.

In Loving Memory



Revealed to Be Healed Faith, Love, and Hope

LOVE



IN HER DARKEST HOUR

HOPE

Guiding
Light



out of the shadows

STAND TALL

Get Connected
you're not
alone
BREAKOUT



THE BOX

PURPOSE

Strength in Suffering
We Won't Break
I Know,
I've
Been
There
Pulling Together

Stronger
Together
Key to
My Dreams

the best therapy



Comfort Shared

recipe for life

Our Healing

REAMP



Smile, even when you
don't feel like it

SO FIERCE



The Power of a Smile

SOMEONE CARES
PASS IT ON

fearless

INSPIRED



No Limits



Apology Letter

I hope these words weigh down the sheet of paper on which they sit,
That they are heavy on the tongue and lips they are spoken from,
Taking the weight of the world from the shoulders of your heart when you hear them,
I know your plight, the spot that stains your days with fear, the shadow that follows you everywhere
whispering “worry” in your ear,
I know it well, the heckler in your head spewing hatred and hurt downplaying your worth,
They are all lies, your life is sacred, don’t let ignorance and selfishness taint it,
Instead let me paint it in gold, every chair you sit in is a throne,
If love is the fabric of life, you are the seamstress, you deserve better,
And where the world falls short, let this be its apology letter,
Sorry for the pain, and sorry for the shame,
Sorry that your life may never be the same.



#US Too

THE UNITED SHAME OF AMERICA

This is a true story. Fifty sentences long. Each sentence comes from a different woman. Each woman comes from a different state. Funny how it reads like they're all the same person. Because in a way, they—and us, all of us women—are.

EDITED
Natalie Beach

I had a job at a great place I loved; it was one of the best. My boss, the owner's son, ★ He would always get up from his desk, walk around behind me, and start rubbing my shoulders, which I rejected each and every time. ★ I noticed he always ended up wherever I was working that day; it became pretty clear he was following me around. ★ He had friends in all the social media platforms and commented on my posts in a way that felt like harassment, and everyone laughed. ★ I was forced to silently listen to my fellow female staff members being objectified, all the while wondering what was being said about me while I wasn't within earshot. ★ I was barely getting by, but there was a line of fantasies that looked nice. ★ The advances heightened an inappropriate word here, a hand casually placed on my thigh there, descriptions of fantasies that looked nice. ★ I tried my best to avoid him—if I saw him in the elevator, I would take the stairs; if he was in the coffee room, I did without coffee. ★ I should have been paid more based on my experience and education. ★ But I needed my job. ★ I provided twenty children, and then the responsibility of raising them was on me. ★ I should have been paid more based on my experience and education. ★ But I needed my job. ★ I provided twenty children, and then the responsibility of raising them was on me. ★ I should have been paid more based on my experience and education. ★ But I needed my job. ★ I provided twenty children, and then the responsibility of raising them was on me.

Change will not
silence
strong women

Change will not
silence
strong women

Change will not
silence
strong women



me. ★ I tried my best to avoid him — if I saw him in the elevator, I would take the stairs; if the place a success. ★ One day I was called into **his private office**; he closed the door and I've known something was up when he sent his assistant to another room. ★ He pulled a key out of the lock and said I wasn't on the same page without making him feel defensive. ★ I was hoping I could bluff my way out based on my experience and education. ★ But I needed my job. ★ I provided for my family and to create a recipe for disaster. ★ One day he came over to my desk, cornered me, grabbed my wrist, and flirting and asking for it. ★ He shoved his groin into mine, so I pushed him off me and on me. ★ My whole body shut down. ★ He was in a sexual rage — like a wild beast fighting a bear. ★ I simply said, "What can I do? Men will be men." ★ He left; I cried. ★ I was so afraid because he could have easily fired me if I said anything. ★ But when the shock wore off, I remembered my recent history that had been going on for years. ★ No one would step forward. ★ I was so young, so naïve. ★ I thought they would thank me and fix everything. ★ A supervisor told me, word for word, "I'm sorry, but I can't do anything to enact change."



Unfortunate Reality

On her daily walk she was taking in the scenery.

A sudden transformation, a different dimension she was entering.

She was experiencing a shortness of breath;
panic arose when she realized it was a hand on her mouth,
and an arm across her chest.

The tugging of her clothes made her thrash about as if a fish engulfed in air,
feeling powerless in a time of despair.

Getting emotional, feeling less than a woman, a human being, having no self-worth.

The cool breeze through a window and darkness of the bedroom consumed her.

Her body covered in goose bumps and perspiration, only a dream,
yet it felt so real was the rationalization.

A never-ending nightmare that she cannot delete from her mental memory vault.

But fortunate and relieved that she wasn't the victim of yet another sexual assault.





When will
i forget?





Letter

Dear Killer,

I'm writing this letter to inform you of all the killings you have committed. When you robbed me of my innocence, you killed my childhood. You killed my self-worth, you killed my ability to trust. You killed the lust I had for love. You killed my belief that life is good. You killed my belief that there is a god who loves me. My life is over, you killed what made me want to live. Now I am only a corpse, a zombie, the walking dead. I'm cold and I have zero emotions. You killed my ability to feel anything except like I'm a piece of trash. You must have killed my mom the same way, but she's dead to me regardless...because she killed my belief that she would protect me. Anyways I hate you, and I will always hate you.

Sincerely,

Your Daughter



Everyone looks at me
without knowing about
my pain...
Nobody hears my deep
cry...

I want to tell the
world how I feel...
I need someone to
understand...
I don't want to be
judged...

I felt threatened but
nobody believed me...
I feel insulted and
abandoned by my loved
ones... some of them
even blamed me...

They'll feel offended
by my confession but
I need to break this
silence...



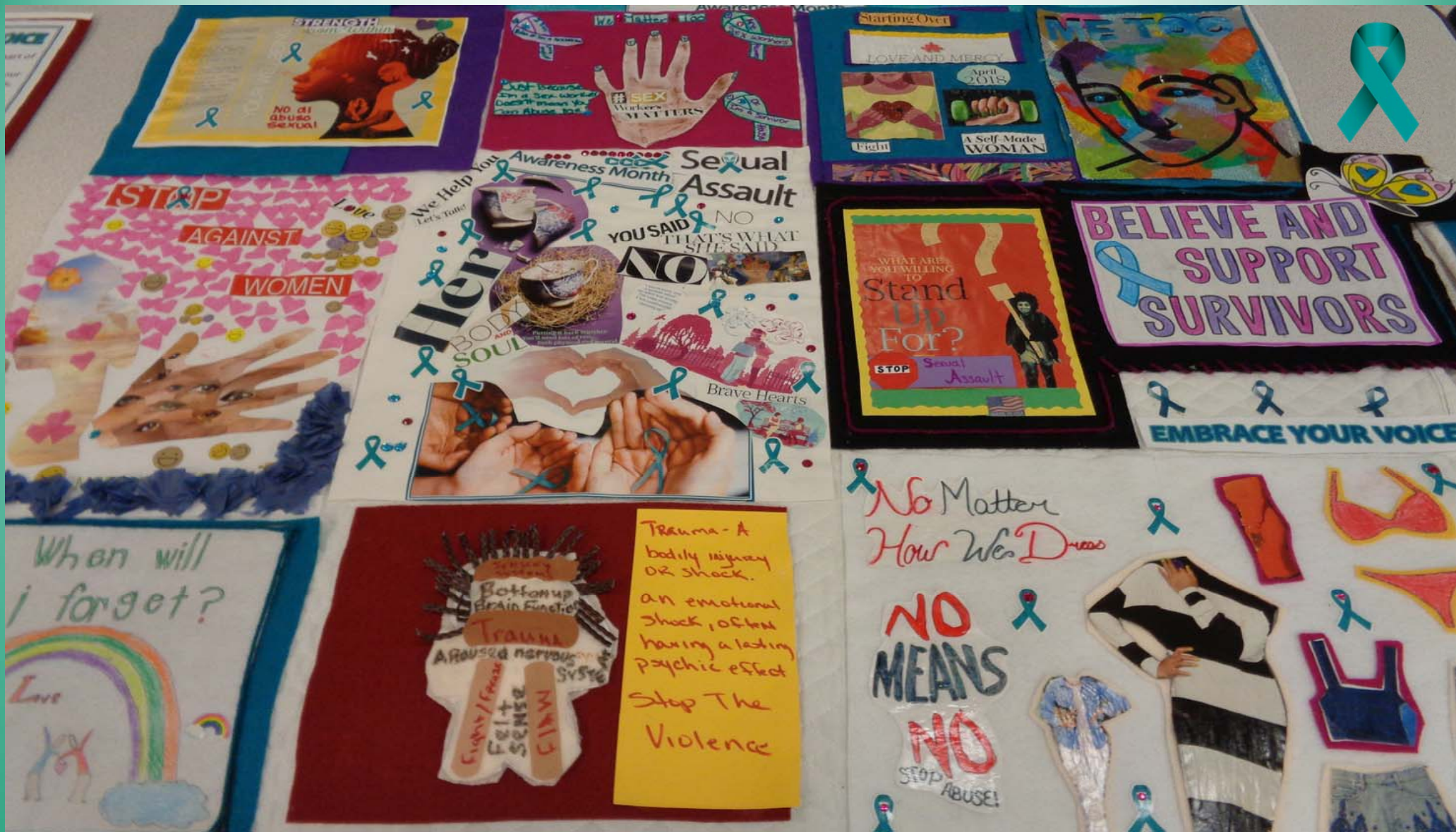
YOUR WELLBEING



STRENGTH
from Within

**NO al
abuso
sexual**





Respect Her – Or Else

She's a woman, a lady, the mother of civilization, please respect her as such.

All life must come through her womb, please don't touch.

Unless given permission, consensual intent.

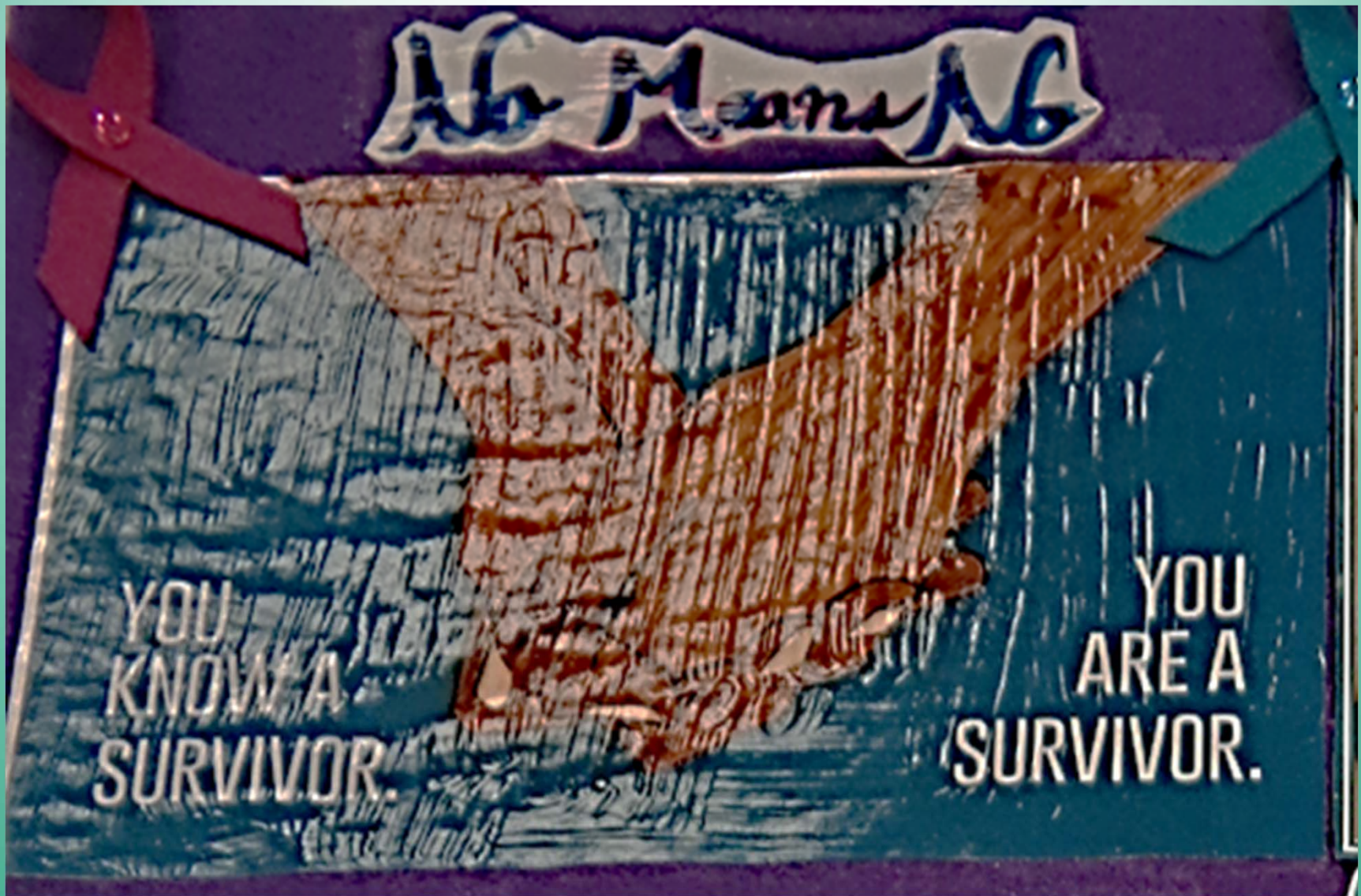
Verbally also, yes there's a difference, from you look nice today, compared to inappropriate,
crossing the line.

We all know the difference, METOO movement, respect her decisions.

All that was in the dark came to light, thank god for 2017, 2018 do what's right!

National Woman's Day, We Pray.





Sexual Violence in Communities of Color

Three Categories of Sexual Violence ¹

Rape including completed or attempted penetration when the perpetrator uses physical force or when the victim was drunk, high, drugged, or passed out and unable to consent.

Sexual coercion including when the perpetrator has sexual contact with the victim by telling lies, threatening to end the relationship or spread rumors, or using their authority or influence over the victim.

Unwanted sexual contact such as kissing or fondling or noncontact unwanted sexual experience, including being flashed or forced to view sexually explicit media.



EMBRACE YOUR VOICE

Mes de Conciencia sobre
la Agresión Sexual

#SAAM

APRIL IS

— SEXUAL ASSAULT —
AWARENESS MONTH &



I'm Sorry, I'm Sorry, I'm Sorry

I'm sorry for all the pain I cause you,
I'm sorry for all the hurt I cause you,
I'm sorry, I'm sorry, I'm sorry,

I'm sorry if I made you cry,
I'm sorry if I took your pride,
I'm sorry, I'm sorry, I'm sorry,

I'm sorry for not holding you,
I'm sorry for not protecting you,
I'm sorry for not caring about you,
I'm sorry, I'm sorry, I'm sorry,

I'm sorry that "I'm sorry" is not enough...



Starting Over



LOVE AND MERCY

April
2018



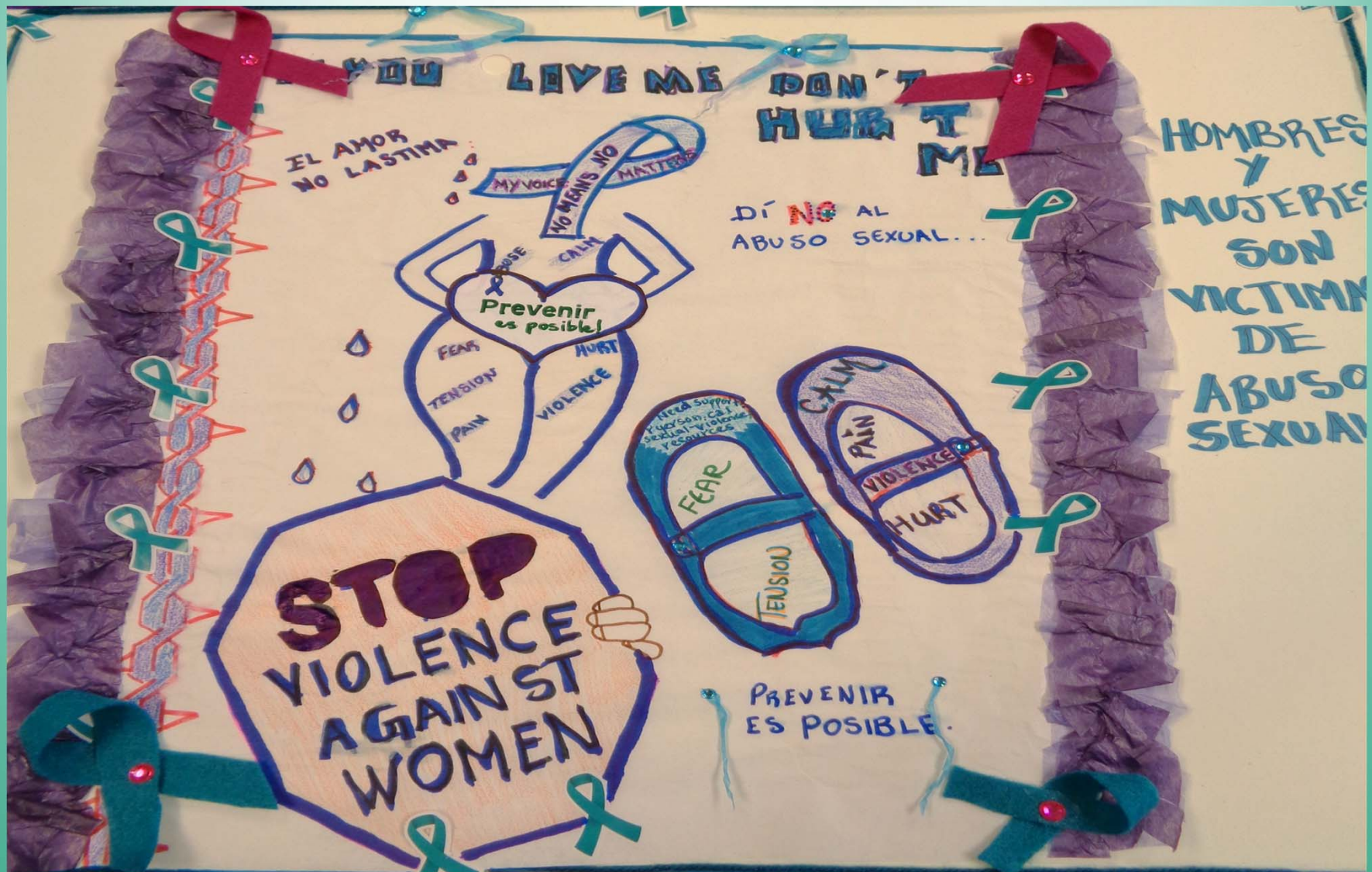
Fight

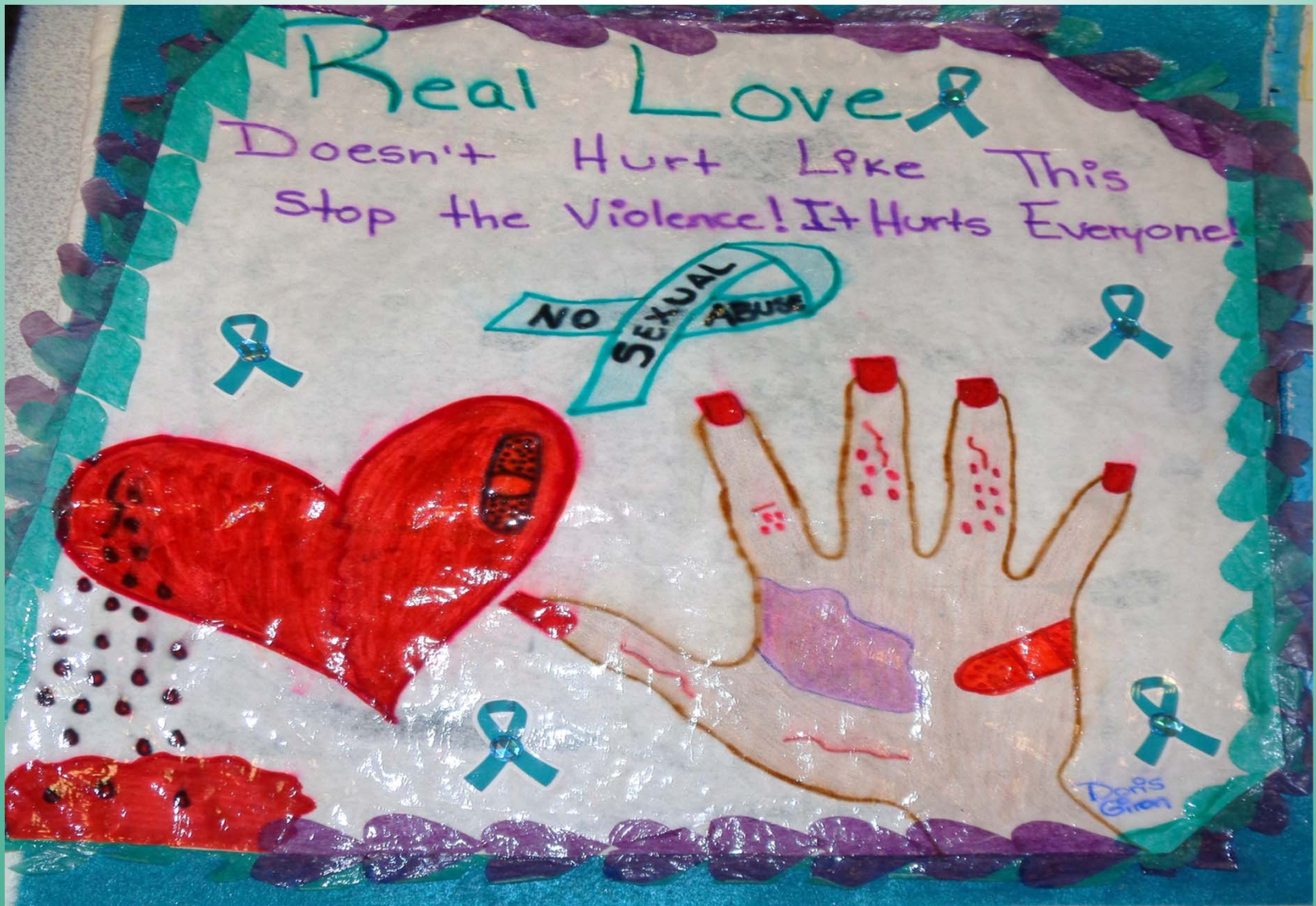


A Self-Made
WOMAN

ME TOO







Mental Slave

As the past becomes the future, she's still mentally in chain.

The haunting memories trying to escape her mental maze.

Physically at ease, but morally in pain.

Striving for normalcy, as if legally insane.

Behavior estranged, lashing out in rage.

No matter how she grows she's constantly reliving those unremovable days.

Her grieving is a haze.

Her tragedy gives her strength; her insecurities and memories; she set ablaze.

A new life, she turns the page.

She's no longer a mental slave.

She freed herself from her mental chains.





your
voice
matters!!

The sound of
violence is silence
The silence of no one
caring...

The silence of no one
calling....

The silence of hiding bruises
The silence of covering
scars...

The silence of fear...

The silence of hate...

Need support?

ryerson.ca/
sexual-violence/
resources

It hurts the

most when

the person

that made

you feel

so special

yesterday,

makes you

feel so

unwanted

today...

We
believe
you!

your voice
has power!!

you are not alone!

you are believed

Survivors are
BRAVE!!

#STOP
violence
against
women



Delicate Rose

Damaged petals on a delicate flower, Caused by the touch of a familiar breeze,
A breeze strong enough to uproot trees, Destroy dreams and ignore pleas,
Pleas that plead for help, Help please she's in need of help,
Her needs were deceived and dealt,
To men's desire's of greed they feed themselves, Hollow on the inside I've seen myself,
Broken wings on birds that still soar, Sexual fulfillment what these men kill for,
The pain our women endure the reason their eyes still pour,
I feel for the abused we must yield for, The misused and violated,
Some try to hate it our fortitude has contemplated,
Mind not sedated we wont stop until the abuse is annihilated,
Love is still here evidence shows,
Admire it's beauty, but don't touch the delicate rose.



SHE SAID NO.

WHAT DOES NO MEAN?

Are you Kissing

YES!

Are you turned on

YES!

Is your clothing off?

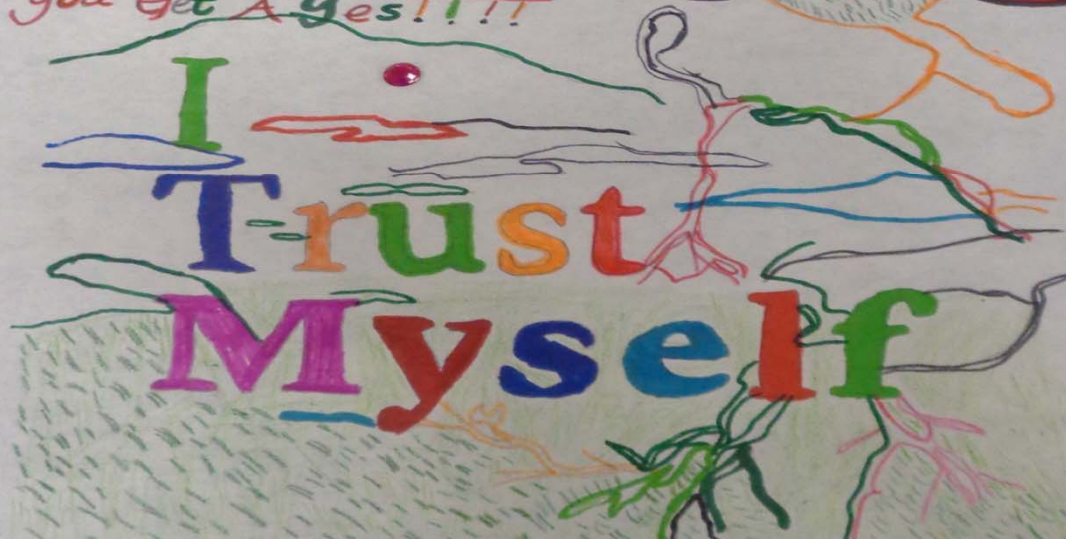
YES!

Have you slept together before?

YES!

IT STILL MEANS NO!

Only act if you Get A Yes!!!!





Event Planning Committee and Sponsors

- Montgomery County Sexual Assault Response Team (SART)
- Montgomery County Victim Assistance and Sexual Assault Program (VASAP) and Victim Services Board
- Montgomery County Family Justice Center
- Montgomery County Commission for Women
- Montgomery County State's Attorney's Office
- Montgomery County Police Department
- Montgomery County Department of Correction and Rehabilitation
- Montgomery County Sheriff's Office
- Walter Reed Army Institute of Research, Sexual Harassment/Assault Response and Prevention (SHARP)
- Universities at Shady Grove
- Montgomery College
- Adventist Health Care/Shady Grove Medical Center

THANK YOU!



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